

The NORTHWEST AIRLIFTER

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McChord Air Force Base, Wash.

Connecting Team McChord with the Combat Airlift Mission

April 13, 2007

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Photo by Abner Guzman

Walking the walk

Led by leadership from the 62nd Airlift Wing, hundreds of Airmen, military families and civilians participated in a two-mile walk recently as part of a day to end sexual violence during Sexual Assault Awareness Month. The month, which is observed in April, is dedicated to making a concentrated effort to raise awareness of sexual violence and promote its prevention through special events.

Competitors set for AMC Rodeo 2007

SCOTT AIR FORCE BASE, Ill. — More than 55 U.S. and international teams are slated to participate in Air Mobility Command's Rodeo 2007 to be held July 22 through 28 at McChord Air Force Base, Wash.

The competition focuses on readiness, and features airdrop, air refueling, and other events showcasing security forces, aerial port, maintenance and aeromedical evacuation personnel.

There are 45 U.S. teams, including three from the Marine Corps and one from the Coast Guard, as well as international competitors from Australia, Belgium, Brazil, Egypt, Germany, the Netherlands, Pakistan, Saudi Arabia, South Korea, Turkey and the United Arab Emirates. Nineteen other countries are sending observer teams.

"The diversity of this year's competition shows the importance of having such an event," said Lt. Col. Chris Duffek, the Rodeo 2007 director. "In today's climate we are work-

ing more and more with other branches of service and other countries. Competitions such as Rodeo give us a chance to focus on improving our worldwide air mobility forces' professional core abilities."

The last biennial competition took place in June 2005 at McChord. While the operations tempo remains high, Maj. Gen. David Gray, the Air Force Expeditionary Center commander and Rodeo 2007 commander, said it's important AMC continue this key event.

"Rodeo showcases AMC's best of the best and allows us to train and learn through spirited competition," General Gray said. "Not only does this world-class competition train mobility forces for the fight, it provides a forum for Airmen and our international partners to share the best of tactics and techniques. Improvement and cooperation are essential in the continued pursuit of the war on terrorism."

Rodeo's roots began in 1962 as a

combat skills competition designed to develop and improve techniques and procedures while enhancing air mobility operations, and promoting esprit de corps. In 1979, Rodeo was expanded to include international air mobility partners. Rodeo tests the flight and ground skills of aircrews as well as the related skills of security forces, aerial port operations, aeromedical evacuation, and maintenance team members. It also provides valuable joint and combined training for all participants.

An important long-term benefit is increased cooperation among international air mobility forces. Collectively, the ultimate goal of the competition is to develop and improve techniques and procedures that enhance air mobility operations. Spirited competition furthers that aim, while strengthening the mutual goals and bonds of friendship developed between competing teams.

(Article courtesy of Air Force Print News.)

Out-of-area, urgent care now require prior authorization

Tricare prime beneficiaries enrolled at military treatment facilities are now required to obtain prior approval from their primary care managers before seeking urgent or out-of-area treatment.

This Department of Defense policy applies to active duty family members, retirees and family members of retirees.

Authorization is not required for emergencies. Beneficiaries may continue to seek emergency care at the nearest emergency room. There is a significant difference between emergency and urgent care. An emergency is a condition that threatens loss of life, limb or eyesight.

Urgent care is defined as medically necessary services required for an illness or injury that would not result in further disability or death if not treated immediately, but requires professional attention and has the potential to develop such a threat if treatment is delayed longer than 24 hours. An urgent care condition could be a sprain, sore throat or rising temperature.

If a beneficiary does not receive prior approval from the primary care manager for non-emergency care, the care may be considered under the point-of-service option, which includes a deductible, higher co-payments and cost-shares. A beneficiary may appeal the payment of a claim under the POS option if they believe the care was an emergency.

After receiving instructions from their PCM, beneficiaries should call (888) TriWest to locate nearby network providers.

(Article courtesy of Tricare.)

Quick reference

- In area during duty hours: Call primary care manager at (800) 404-4506.
 - In area after duty hours: Call and go to Madigan emergency room.
 - Out-of-area during duty hours: Call PCM for instructions at 982-2273.
 - Out-of-area after duty hours: Call on-call PCM 982-2273.
- If unable to contact PCM, call assigned military treatment facility or (888) TriWest.

Weekend Weather

FRIDAY



Hi: 57
Low: 44

SATURDAY



Hi: 53
Low: 40

SUNDAY



Hi: 56
Low: 40

Forecast generated at 7 a.m. Wednesday
Courtesy of the 62nd Operations Support Squadron

Mission accomplished

Total McChord sorties	4,587
Total flying hours	17,602.8
Cargo moved (tons)	42,279.3
Departure reliability rate	95%
Mission capable rate	86%
Personnel currently deployed	464
Reservists currently activated	238

(Jan. 1 to Tuesday. Numbers updated Tuesday.)

Don't miss it ...

Earth Day

McChord will celebrate Earth Day from 9 a.m. to 2 p.m. Thursday at the base commissary. Several organizations will have information booths at the event.

Branching out our environmental awareness

By

Col. Jerry Martinez
62nd Airlift Wing commander

Today, local Cub Scouts and Girl Scouts will join Col. Shane Hershman, 62nd Airlift Wing vice commander, to plant 11 flowering plum trees along Tuskegee Boulevard in celebration of Arbor Day. Arbor Day was created by a settler in Nebraska in the late 1800s to encourage other settlers to plant trees to beautify the empty land. Within a few short years, the holiday spread to other states and is now celebrated by countries throughout the world.

Living in the Evergreen State, it's hard to imagine not being surrounded by trees. Most of the pine trees towering overhead are older than our Airmen and even the chiefs and colonels on base. Generations who came before us took care to protect and preserve them, and it's our responsibility to ensure those who come after us will be able to enjoy their beauty long after we're gone.

Our responsibility to protect and preserve doesn't end with trees, but extends to the whole environment. This week the base's Environment, Safety and Occupational

Health Council met and discussed a variety of environmental programs throughout the base from air quality to recycling. We fly large cargo aircraft, drive large vehicles and take precautions not to negatively impact on the environment.

Laws and guidelines create limits on the amounts of waste and emissions we can produce, but we take better care of our environment than just meeting the laws. For example, the Department of Defense has asked us to improve our recycling rate to 40 percent in five years. Air Mobility Command asked us to do better and improve our recycling rate to 60 percent. We've already exceeded both standards. Last year this base's recycling rate was almost 65 percent, so I'm asking you all to do even better this year. If you usually throw away paper or the can after you finish a soda, take the extra step to find a recycling bin, every work center should have one.

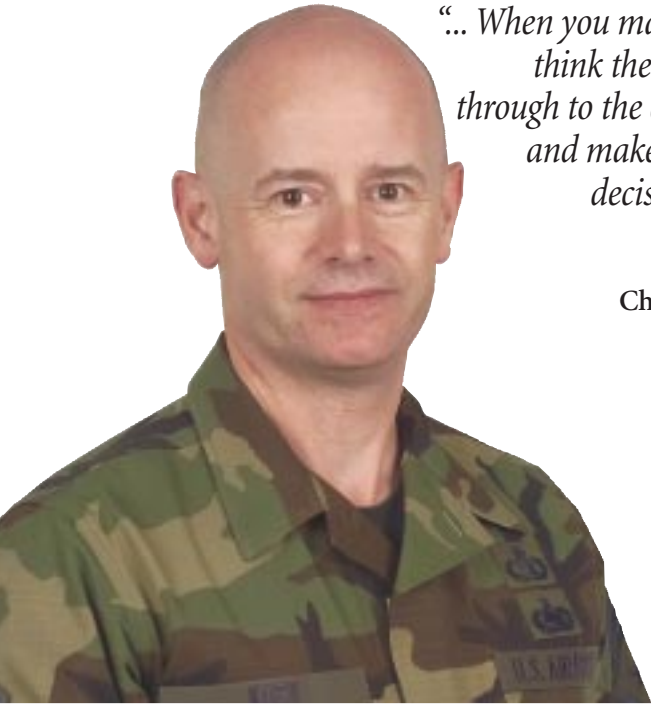
Taking care of the environment makes good sense not just for today, but also for the future. So please, take the time to plant a tree, recycle a can or look for ways to save fuel. Together we'll ensure the next generation of McChord Airmen has the same beautiful trees and fresh air we enjoy today.

“Our responsibility to protect and preserve doesn't end with trees, but extends to the whole environment.”

Col. Jerry Martinez
62nd Airlift Wing commander



Be smart, don't associate with the wrong crowd



“... When you make decisions, think them completely through to the consequences and make good, sound decisions.”

Chief Master Sgt.
Russell Kuck
62nd Airlift Wing
command chief

By

Chief Master Sgt. Russell Kuck
62nd Airlift Wing
command chief master sergeant

No matter where you are or what you're doing, you have an opportunity to succeed or fail. As an Air Force family, we each have a responsibility to make sure we're steering each other away from failure and not neglecting one another when your fellow Airman needs some guidance.

While consistent guidance from supervisors, first sergeants and commanders is helpful, you possess a unique influence on your peers. They know you can relate to them or their situation. It's up to you to decide how you can help in any given situation.

A lot of times, people fall into jeopardy because they didn't realize they were doing something wrong. Don't be afraid

to tell your peers when you think they're headed in the wrong direction. By doing so, you will have helped them get where they need to be, and they'll thank you for it later.

Being a good wingman means motivating each other to succeed. The first step in doing so is to be a positive influence. Your environment plays a major role in anything you do.

Part of that environmental awareness is being smart about what and who you surround yourself with. Pick your friends and acquaintances wisely. Chose to associate with those who will compliment your lifestyle and career, not jeopardize it. A good rule of thumb to remember is when you make decisions, think them completely through to the consequences and make good, sound decisions.

Have a good career. Have good friends. Don't sacrifice everything you've accomplished based on irrational decision making or poor judgment. Hooah!

McChord's Airmen rated among top 1% of Americans

By

Lt. Col. Gregory Schwartz
8th Airlift Squadron commander

In the military we work hard, sometimes too hard to identify who our star performers are and what responsibilities we will bestow on them next.

Stratification is something we deal with every time we pen an officer or enlisted performance report. We use that in an attempt to separate the wheat from the chaff and identify our superstars. After 20 years in the service of our country, having spent much of that time outside the continental boundaries and having operat-

ed with militaries from around the world, I offer you another deserving stratification that will never show up on your performance report: Top one percent of 300 million U.S. citizens.

You all deserve it because you volunteered to serve this country and do so without reservation. Whether you serve 20 years or a four-year enlistment, I grant you my personal stratification of top one percent of U.S. citizens, and I thank you for your service. America has almost 300 million citizens whose interests are protected by you, the 3 million or so active duty, Reserve and National Guard members of all our services.

On April 18, 1942, 65 years ago, America was engaged in a very different war. People volunteered to join Doolittle's Raiders to strike the first blow to Japanese homeland flying land-based bombers off the deck of aircraft carriers. They were all volunteers, just like you. The nation was fully engaged in that war, both in the theaters of operations and in the factories and homes and farms back home. Rationing was common nationwide for various metals and gas, and factories worked 24 hours a day, seven days a week to produce ships, tanks, and aircraft for the war effort. Today is a very different story.

The burden of this Global War on Terror has fallen and will continue to fall solely on your shoulders and the shoulders of your families. The sacrifices the nation endured back in the 1940's are not evident today in main stream society. We are a tremendously wealthy nation, and this war we are currently engaged in will be fought solely with volunteers. So as we salute the Airmanship and heroism of Doolittle's Raiders some 65 years ago, I salute you all for your volunteerism and thank you all for what you do every day for our nation. I place you squarely in the top one percent of great Americans in my book.

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AF launches new initiative

By

Karen Petitt

Air Force Communications Agency

SCOTT AIR FORCE BASE, Ill. — Air Force Communications Agency officials are launching an initiative called E-Mail for Life, or E4L.

The program is projected to save money, jumpstart the consolidation of the service’s multiple e-mail systems and provide senior leaders the capability to e-mail every Airman.

“The Air Force has wanted to pursue a single e-mail address scheme for some time,” said Capt. Jason Fields, E4L project officer. “E4L is the first step in consolidating the 14-plus e-mail and active directory systems into a streamlined architecture. Once that is done, it will reduce costs associated with running multiple implementations at the various locations. We’re also deploying an anti-spam solution to protect the Air Force from the worldwide increase in e-mail spam.”

The first step in this effort is to give everyone an e-mail address with a universal format. The new E4L addresses will not be base specific, such as *@scott.af.mil*, but will have the extension *@us.af.mil*. This means that every Air Force user — active-duty, Guard, Reserve, civilian or contractor — will keep that address as long as they’re associated with the Air Force.

Professionals

of the week

7th Airlift Squadron

Staff Sgt. Scott Templin

Duty title:


Loadmaster

Location of work:

Operations section

Hometown:

Orlando, Fla.



Senior Airman Paul Garcia

Duty title:


Loadmaster

Location of work:

Operations section

Hometown:

Victorville, Calif.

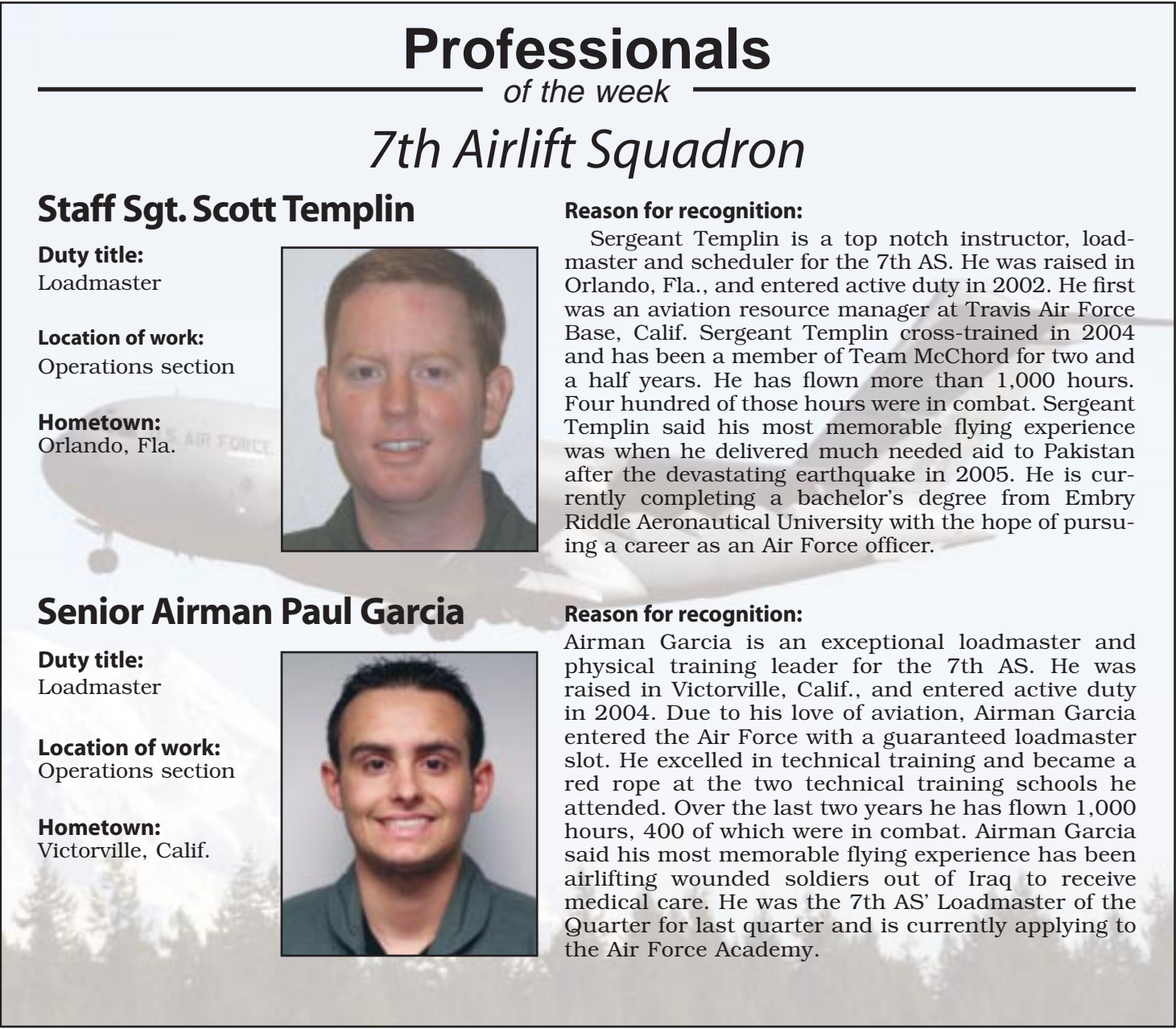


Reason for recognition:

Sergeant Templin is a top notch instructor, loadmaster and scheduler for the 7th AS. He was raised in Orlando, Fla., and entered active duty in 2002. He first was an aviation resource manager at Travis Air Force Base, Calif. Sergeant Templin cross-trained in 2004 and has been a member of Team McChord for two and a half years. He has flown more than 1,000 hours. Four hundred of those hours were in combat. Sergeant Templin said his most memorable flying experience was when he delivered much needed aid to Pakistan after the devastating earthquake in 2005. He is currently completing a bachelor’s degree from Embry Riddle Aeronautical University with the hope of pursuing a career as an Air Force officer.

Reason for recognition:


Airman Garcia is an exceptional loadmaster and physical training leader for the 7th AS. He was raised in Victorville, Calif., and entered active duty in 2004. Due to his love of aviation, Airman Garcia entered the Air Force with a guaranteed loadmaster slot. He excelled in technical training and became a red rope at the two technical training schools he attended. Over the last two years he has flown 1,000 hours, 400 of which were in combat. Airman Garcia said his most memorable flying experience has been airlifting wounded soldiers out of Iraq to receive medical care. He was the 7th AS’ Loadmaster of the Quarter for last quarter and is currently applying to the Air Force Academy.



NW Airlifter Page 3, 8 inches, color

AROUND THE WORLD

Courtesy photo



MANAS AIR BASE, Kyrgyzstan — Staff Sgt. Juan Duran, who is deployed from the 446th Aircraft Maintenance Squadron, evaluates tail cone damage on a C-17 Globemaster III on the base flightline recently.

Courtesy photo



KANDAHAR, Afghanistan — Airmen from the 62nd Operations Support Squadron pose for a photo in front of the city's airport during a recent deployment.



First CMSAF builds lasting legacy

By

Chief Master Sgt. Rodney McKinley
Chief master sergeant of the Air Force

Forty years ago today the Air Force installed Paul Wesley Airey as the first chief master sergeant of the Air Force. Chief Airey forged new paths for enlisted Airmen and has made a lifetime of lasting and significant contributions to our nation and to the Air Force since.

Forty years later Chief Airey continues to serve the Airmen he led so well. At the Air Force's 20th Anniversary ceremony in 1967, Chief Airey said, "I have seen many changes as we progressed from simple air power to today's aerospace force. The enlisted corps has kept pace with that progress, for it is pride and dedication that keep enlisted men at



McKINLEY

their posts, not the lure of an easy life and secure future. It is the desire to serve our country that motivates today's Air Force." Those words spoken 40 years ago echo true during our Air Force's 60th Anniversary, and also accurately describe the actions and continuing efforts of our first CMSAF.

The first CMSAF has always been a leader. During World War II he flew as a B-24 Liberator radio operator and additional duty aerial gunner. On his 28th mission, then a technical sergeant, Chief Airey and his fellow crewmen were shot down over Austria. He was captured, and during his time as a prisoner of war he spent his time working tirelessly to meet the basic needs of fellow prisoners, even through a 90-day forced march.

Chief Airey has never stopped working for Airmen. During his CMSAF tenure, he advocated for an Air Force-level Senior Noncommissioned Officer Academy. His vision became reality when the academy opened in 1973, becoming the capstone in the development of our senior NCOs. Since then, Chief Airey has attended almost every AFSNCOA graduation, leading the former CMSAF panel as they address the students on the past, present and future of our enlisted force. Additionally, he usually talks with the Maxwell-

Gunter Air Force Base, Ala., NCO Academy students during those trips and is a frequent speaker at professional military education schools throughout the Air Force.

During his CMSAF tenure he worked to change loan establishments charging exorbitant rates outside our air base gates and to improve low retention during the Vietnam War. Chief Airey also led a team that laid the foundation for the Weighted Airman Promotion System, a system that has stood the test of time and which we still use today.

He has always continued his fight for the rights of our Airmen by serving on the boards of numerous Air Force and enlisted professional military organizations throughout the years. He is currently a member of the board of trustees for the Airmen Memorial Museum, and a member of the Air Force Memorial Foundation and the Air University Foundation.

So as we celebrate the establishment of the position of CMSAF, let us also honor the man who so successfully gave a voice to hundreds of thousands of enlisted Airmen who served with him, and to those who have served since.

Chief Master Sergeant of the Air Force Paul Airey — we salute you.

CMSAF discusses EPR modifications

By

Airman 1st Class Nicholas Stowers
Detachment 6, Air Force News Agency

LAJES FIELD, Azores — The top enlisted Airman discussed the new Air Force Enlisted Performance Report during his recent stop at Lajes Field.

"I think it's going to be much better than the one we presently have," Chief Master Sergeant of the Air Force Rodney McKinley said.

"We're just trying to improve it so we don't have to spend so much time writing it," the chief said. "That way we have more factual stuff in there."

The new EPR has several advantages to it, including a mechanism for instant feedback.

"Now on the new [EPR] you're going to sign for it before it goes in," Chief McKinley said, "So you'll know exactly what you're going to be getting from the very beginning."

Physical fitness will also be measured on the new EPR. Supervisors will rate whether Airmen meet fitness standards, fail to meet standards or are exempt.

"Physical fitness is a big part of our Air Force, and having this on the EPR and being evaluated as such is very important," Chief McKinley said.

Also, along with the new EPR, the Air Force is developing a new performance feedback to aid Airmen in developing their careers.

"The front sheet of the performance feedback looks exactly like the front sheet of the EPR," Chief McKinley said. "Doing an EPR and doing a good EPR starts with doing a quality performance feedback to our Airmen."

The new EPR will become effective this summer.



Photo by Abner Guzman

Congressional 101

First Lt. Brandon Brown, 7th Airlift Squadron, left, gives Mike English, a congressional staffer from the office of U.S. Congressman Norm Dicks, an overview of the controls in the cockpit of a C-17 Globemaster III recently as part of Congressional 101. Congressional 101 is a base tour and briefing on McChord's mission designed to familiarize the new staff members with the base. Staff members from the offices of Congressmen Adam Smith and Dave Reichert also attended the event.

By

Tyler Hemstreet
Staff writer

As the days begin to grow longer and the weather starts to turn warmer, more and more people will start filling up their propane tanks, stocking up on charcoal and dusting off their barbecues.

While the focus of each barbecue will likely be on cooking meat on the grill and catching up with friends, barbecue safety must also be taken into account, said assistant chief of fire prevention Sandra Cooper, 62nd Civil Engineer Squadron.

In base housing, barbecuing is not allowed on landings, in exit ways, under stairs, on fire escapes, overhangs, covered patios or within 10 feet of any building, according to 62nd Airlift Wing Instruction 32-17, Base Fire Prevention Program.

People should also avoid barbecuing under their carport, Chief Cooper said.

"As heat rises from the barbecue, it can dry the wood in the carport," she said. "Once the wood is sufficiently dried, it could ignite."

The bottom line is people need to be aware of their surroundings when firing up the barbecue, Chief Cooper said.

"When barbecuing in the backyard or at the park, it's possible to be 10 feet away from an over-

hang but still under a tree, which is also dangerous," she said.

Proper disposal of charcoal is also important when it comes to staying safe.

Wetting down the charcoal before disposing of it is the safest method, Chief Cooper said.

When it comes to lighting the charcoal, it is best to saturate the briquettes with lighter fluid and then put the fluid away, Chief Cooper said.

"By putting the fluid away, you keep it away from children and away from the heat of the barbecue," she said.

People must also keep a fire extinguisher nearby when barbecuing, according to the wing instruction.

Safety paramount when it comes to barbecuing

Practice, discipline highlight honor guard duty

Airmen train to be tangible examples of military service

By
Tyler Hemstreet
Staff writer

Airmen in base honor guard operate under a microscope each time they are out in the community on a detail.

Their movements are crisp and in perfect unison. Their uniforms are neatly pressed and their shoes shine like they're brand new. But one slight misstep can ruin everything.

"One word describes [our performance] — perfection," said honor guard trainer Airman 1st Class Robert Tingle, 62nd Aircraft Maintenance Squadron. "Each time we're at a detail, we're representing the military and the Air Force."

That's why a tremendous amount of practice and discipline go into becoming a member of the honor guard, said Airman Tingle. Airmen from each squadron on base are part of the honor guard, he said. Upon becoming a member, each Airman must learn pall bearing and flag folding duties and how to perform a 21-gun salute. Airmen learn the duties during two weeks of training inside Hangar 8 and two additional weeks of on-the-job-training, said Staff Sgt. Brandon Pandes, 62nd Civil Engineer Squadron.

"Getting it to the point where the rifle and firing party are in sync is one of the hardest parts [for new members]," he said.

Learning all the movements involved with the details is just like learning how to dance, said honor guard trainer Senior Airman Dan Vice, 62nd Comptroller Squadron.

"Everything is on a count," he said. "The difficult thing is coordinating it with the eight or nine other members."

The honor guard team usually gets together only once a week for practice — to knock off the rust — because they usually have so many details to work, he said.

But there is no substitute for

experience on certain aspects of the job, said Airman Vice. Keeping everything together emotionally at a detail can also be hard for new members to get used to, he said.

"That's one thing you can't teach — keeping the military bearing," he said. "We can't really give them advice on it. It's just a matter of staying focused on the ceremony. The more you can do that, the more honor we're doing the person and their family."

However, there is a concentrated effort by the instructors to teach every other detail of each performance, said Airman Tingle.

"Each detail has to be perfect because it can have a huge impact on the family," he said. "We want them to learn the correct way to do everything so they can teach the next generation of members."

The consequences of not delivering a perfect performance at a detail can be embarrassing, Airman Vice said.

"There are no second chances," he said. "If you make a mistake during a detail, it leaves a lasting impression. Our performance is burned into the families' minds."

Despite the extreme concentration that goes into each detail, the experience can be extremely rewarding for those who become members of the honor guard.

Members come back from each detail with a great sense of accomplishment when it comes to that attention to detail with accord to military standards, Airman Vice said.

"You know you've made a difference in somebody's life," he said.

The feeling really hits home when families ask honor guard members to stay and eat after the funeral, Airman Tingle said. Even though the team has to turn the invitation down, there is an extreme sense of thanks felt by each member.

"It gives you a sense of gratification you can't get almost anywhere else in the Air Force," he said.



Members of the base honor guard give the U.S. flag the first of 10 distinctive folds recently during a practice session designed to ensure ceremonial procedures are accurate and comply with all applicable instructions.



Photos by Abner Guzman

Honor guard members prepare to give a 21-gun salute during a recent mock funeral ceremony on base.



Members of the base honor guard practice their flag folding skills during a recent practice session.

Whitewater rafting defines teamwork

By
Tyler Hemstreet
Staff writer

LEAVENWORTH, Wash. — The rushing, swirling waters of the Wenatchee River in central Washington don't care who's sitting in a raft navigating their territory. They'll have their way with whomever they want.

I learned that lesson last week while accompanying the 62nd Services Squadron's Adventures Unlimited staff on the first white water rafting trip of the season. Guides Josh Boisvert and Gabe Laramie like to scout the river and get a renewed feel for the river each season before taking out groups.

After a thorough safety briefing on shore, I couldn't wait to hit the water. Our crew was split into two groups, four in one boat and five in the other.

When it comes to whitewater rafting, rivers are classified on a scale ranging from Class I to VI, according to American Whitewater, an organization whose mission is to conserve and restore America's whitewater resources and enhance opportunities to enjoy them. It also maintains a national inventory of whitewater rivers.

The Wenatchee River contains rapids that rate Class III. These waves can be moderate, irregular and difficult to avoid. They can swamp an open canoe. Complex maneuvers in fast current and good boat control in tight passages or around ledges are often required, according to the classification scale.

Once on the water, Mr. Laramie shouted out simple commands to navigate the boat. Simple stuff — row forward, row backwards. But the challenge was getting synchronized.

The importance of it really shows once you hit the rough patches of the river.

As my two boat mates, both Airmen from the 62nd SVS, and I worked to get synchronized, the first rapid took us by surprise.

A towering wall of water pitched the raft's nose toward the sky, tossing me and one of my boat mates into the middle of the boat. The violent impact not only ripped my hat off my head and gave me a mouthful of river water, but ejected our guide into the drink. Quick action by our crew had him back in the boat in no time.

Even an experienced river veteran like Mr. Laramie said he hadn't seen a wave that large in a long time.

The water took control of our boat because our paddling wasn't in sync going into the impact. Instead of making a beeline toward the wave with a head of momentum and crashing through it, we hit it at a bad angle and went sideways.



Tyler Hemstreet, 62nd Airlift Wing, left, and Airman 1st Class Nelson Lopez-Toledo, 62nd Services Squadron, center, take a minute to catch their breath after navigating the rapids on the Wenatchee River, while Airman Miguel Millares-Chavez, 62nd SVS, continues to row during a recent Adventures Unlimited rafting trip.

Talk about recipe for disaster.

The impact could have easily pitched the rest of us out of the boat had we not been hanging on for dear life. I feared these up-close-and-personal meetings with the rapids would be a common occurrence the rest of the trip

But much to my delight, our crew learned our lesson. After a minor seating change, we worked as a finely tuned machine for the rest of the day, navigating whatever else the river threw at us with ease — despite Mr. Laramie screaming like a banshee each time we crashed through a rapid.

The virtues of trust, teamwork, communication and even physical training came into play when we navigated the river.

Those are outstanding ingredients for any recreational activity that can be exciting, fun and build camaraderie.



After arriving at the Wenatchee River, rafters from McChord unpack their gear.

Stress management: Keep things in perspective

By
Tyler Hemstreet
Staff writer

Stress can work for you and against you. It is the bodies' reaction to a new situation, whether it is welcome or unwelcome, said staff psychologist Capt. Michael Jones, 62nd Medical Operations Squadron.

When the heart beats faster, the body produces adrenaline. When adrenaline is produced, people breathe more rapidly, are more alert and may perspire more.

The adrenaline response is what keeps Airmen safe when they are in battle situations, Captain Jones said.

"The problem is that people are having the adrenaline response for minor stressors," he said. "Often it comes from their own alarming perceptions of what is happening."

When the body is constantly wound up and

can't relax, these same responses can lead to increased blood pressure, anxiety attacks and a wide range of physical disorders, Captain Jones said.

When people are stressed out and have a lot of demands on their time they usually knock off the things that seem dispensable, said Capt. Holly McFarland, 62nd MDOS.

"That usually includes exercise," Captain McFarland said.

But by removing exercise from the equation, people get rid of a very good way to help deal with the stress, she said.

"We tell them to bump up the exercise when they are feeling stressed," Captain McFarland said.

Planning time for relaxation is also key, Captain Jones said.

Five minutes of stretching, deep breathing or uninterrupted silence can help in breaking the pattern of tension and fatigue, he said.

Identifying what things people are doing to

create more stress is another good way to manage stress, said Captain McFarland.

While the best way to bring the stress to a manageable level is to try and avoid or eliminate unnecessary stressful situations, Captain Jones said, people must also recognize that some stress is necessary and beneficial.

"Sometimes people have too much focus on eliminating their stress and too little focus on building up the good things that balance it out," he said.

When you can't avoid the situation, balance the stressful situations with periods of relaxation, Captain Jones said.

The big problem is that when people are stressed out, they stop doing things they really enjoy in life, Captain McFarland said.

Sometimes that can mean either going out with friends or exercising, she said.

"You have to have at least one thing a week that you can get excited about and look forward to," Captain McFarland said.

Idea nets AMXS Airman \$10,000

By
Tyler Hemstreet
Staff writer

Master Sgt. Barry Buchmiller, 62nd Aircraft Maintenance Squadron, was just looking to make good use of a part that was going to be turned into scrap metal.

While Sergeant Buchmiller was a member of the 373rd Training Squadron, Detachment 12, he found out that the squadron was discarding an old nose gear trainer because the squadron was in the process of updating the piece.

The trainer was used to help Airmen learn how to change the wheels on the nose landing gear assembly, which supports the nose of the aircraft during landings and takeoffs.

“I figured why throw away a perfectly good part when you can make a trainer out of it?” Sergeant Buchmiller said.

After coming up with a plan to turn the scrap piece into two mobile nose wheel trainers that simulate the identical piece of the aircraft, he enlisted some friends at the maintenance squadron’s metals technology shop to help him modify and cut up the pieces to assemble the trainers.

Sergeant Buchmiller figured Airmen battling frigid temperatures out on the flightline at other bases



The nose wheel trainers designed by Master Sgt. Barry Buchmiller, 62nd Aircraft Maintenance Squadron, pictured here, will save the Air Force money by freeing up C-17 Globemaster IIIs from ground training. The trainers are used to help Airmen learn how to change the wheels on the nose landing gear assembly.

would prefer to train in a warm hangar instead, he said.

Sergeant Buchmiller then put the finished trainers on C-17 Globemaster III flights with extra cargo space that were already bound for Dover Air Force Base, Del., and Travis Air Force Base, Calif. The crew at McGuire Air Force Base, N.J., who was set to receive the trainer was so excited to get the equipment, they drove down to Dover to pick it up themselves, he said.

In addition to providing Airmen with a warmer place to train,

Sergeant Buchmiller also won \$10,000 for his idea.

He received the \$10,000 check from the Air Force’s Innovative Development through Employee Awareness program, an incentive program established to recognize Airmen for their approved ideas that benefit the government by streamlining processes or improving productivity and efficiency, said IDEA program manager Staff Sgt. Angelique Snyder, 62nd Mission Support Squadron.

Sergeant Buchmiller not only earned money for himself, he

helped the Air Force save some money.

By freeing up the aircraft from ground training, Sergeant Buchmiller’s idea will save the Air Force almost \$1.4 million in the first year alone, said Sergeant Snyder. It will also save 176 aircraft hours per year she said.

Sergeant Buchmiller is the first \$10,000 award winner McChord has had in nearly two years, said Sergeant Snyder.

Sergeant Buchmiller said he wasn’t even going to submit his idea for the project, but after talking with his superiors he decided to do so.

“I thought, ‘If I get 200 bucks I’ll be happy’,” he said.

When he was notified of the \$10,000 amount, Sergeant Buchmiller said he was speechless.

“What do you say?” he said. “I think my wife was more excited than I was.”

That is after he takes the guys from the metals technology shop out to dinner, Sergeant Buchmiller said.

As for the IDEA program, Sergeant Snyder hopes the big payout for Sergeant Buchmiller will inspire more Airmen to be innovators.

“Instead of walking around kicking the carpet and complaining about something, tell me a better way to do it,” she said. “It’s a really good program. I wish more people would submit ideas. I hope this will help.”



Road Closures

To ensure the safety of the children and adults participating in McChord's celebration of Arbor Day today, Tuskegee Airmen Boulevard East, Tuskegee Airmen Boulevard West and Pitsenbarger Boulevard will be closed from 2:30 to 5 p.m. For more information, call Valerie Elliott at 982-3913.

ESC fundraiser

The Enlisted Spouse's Club is having a fundraiser at 6 p.m. Tuesday at Yelm Cinemas at Prairie Park. To participate, call Kelli Fitzsimmons at (360) 400-2565 or mention the ESC at the box office.

Fishing derby

McChord's Top 3 Association will host its annual fishing derby for children from 10 a.m. to 2 p.m. April 21 at Carter Lake. This free event is open to base employees and children ages four to 14. Refreshments will be provided. For more information, call Senior Master Sgt. Tim Ross at 982-3513.

Quarterly awards luncheon

The base's annual honor guard recognition ceremony and quarterly awards luncheon will take place at 11 a.m. April 26 at McChord's Clubs and Community Center. For more information, call Staff Sgt. Irene Noriega at 982-2845.

Deployed dinner

The 62nd Airlift Wing is sponsoring a dinner for families of deployed Airmen from 6 to 8 p.m. April 30 at the base chapel support center, Bldg. 746. For planning purposes, please register for the dinner by April 27 by calling the chapel support center at 982-5556.

Knucklebuster 2007

The 62nd Maintenance Group will host Knucklebuster 2007 at 6 p.m. Thursday in Hangar 1. The ceremony recognizes 62nd MXG's outstanding Airmen. For more information, call 1st Lt. Chad Dimon at 982-3663 or Senior Master Sgt. John Roed at 982-4933.

Names to Note

The following individuals graduated from the Noncommissioned Officer's Academy at Peterson Air Force Base, Colo., recently:

- **Tech. Sgt. Ronald Strayhorne**, 10th Airlift Squadron
- **Tech. Sgt. Scott Krumbholz**, 62nd Aircraft Maintenance Squadron
- **Tech. Sgt. Richard Roberts**, 62nd AMXS
- **Tech. Sgt. Nicholas Luna**, 62nd Logistics Readiness Squadron
- **Tech. Sgt. Mitchell Arndt**, 62nd Maintenance Squadron
- **Tech. Sgt. Chad Brown**, 62nd MXS
- **Tech. Sgt. Walter Hall**, 62nd MXS

- **Tech. Sgt. Louis Leyba**, 62nd MXS
- **Tech. Sgt. Diego Repollet**, 62nd MXS
- **Tech. Sgt. Joel Gochin**, 62nd Medical Support Squadron
- **Tech. Sgt. Felicia Shropshire**, 62nd Operations Support Squadron,
- **Tech. Sgt. Terry Armstead**, 62nd Security Forces Squadron
- **Tech. Sgt. Karen Bain**, 361st Recruiting Squadron

The following individual was an award recipient:

- **Sergeant Shropshire** was named a distinguished graduate.



Faith and Worship Programs

For more information, call the chapel support center at 982-5556.

The following chapel programs take place at the base chapel support center, Bldg. 746, unless otherwise noted:
● **Faith Formation Youth**

Confirmation and Rite of Christian Initiation for Adults are 6:30 p.m. Wednesdays, through April.
● **Adult Bible study** is from 11 a.m. to 1:30 p.m. Wednesdays.

Schedule of worship services

Catholic Services:

All Catholic services are in chapel two
Daily Mass Tuesday - Friday 11:30 a.m.
Saturday: 4 p.m. Confession
5 p.m. Mass
Sunday: 9:30 a.m. Mass
11 a.m. Mass

Protestant Services:

Sunday: 8:30 a.m. Liturgical worship: Chapel one
9:45 a.m. Sunday school for all ages at the chapel support center
11 a.m. Traditional worship: Chapel one
11 a.m. Contemporary service: Chapel support center

Jewish Services:

Friday: 6 p.m. Fort Lewis chapel every 1st, 3rd and 5th at the corner of 12th Street and Liggett Avenue 966-8949

Orthodox Activities:

Sunday: 9:30 a.m. Divine Liturgy, St. Nicholas Church, 15th Street and Yakima Avenue, Tacoma

Other services:

Orthodox Christian Community, Cascade Chapel, Fort Lewis
Sundays: 8:45 a.m. pre-Communion prayers
9:30 a.m. Divine Liturgy

Confession is by appointment only. Call Father John Anderson at 967-1717 or 906-6843 or e-mail father.anderson@us.army.mil.

